

WHAT IS CLAIMED IS:

1. An information recording method for a recording medium including a spiral or concentric-shaped groove structure along tracks formed on a disk-like substrate, wherein each of the tracks is divided into a plurality of recording units, each of the recording units includes a blank portion in a circumferential direction of the groove structure, the blank portion being a non-groove portion, the groove structure being formed with a wobble in a fixed cycle in a radial direction, the fixed cycle of the wobble continuing in the circumferential direction along the track, and each length of the recording units is an integer multiple of the cycle of the wobble, the method comprising the steps of:

irradiating a light beam to the recording medium; and
recording information to the recording medium.